


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>HAPPY THANKSGIVING! November 22</p>			<p>1 Potato Crusted Pollock Couscous Lentils/Diced Carrots Summer Veggies</p> <p>Veg. Frittata Potato O'Brien Mango Chunks Coleslaw Fresh Fruit Tartar Sauce Margarine/ Milk</p>	<p>2 Pork Adobo Brown Rice Green Peas Asian Veggie Blend</p> <p>Tortellini Tom. Spinach Soup Muffin/ Margarine Raisins Fresh Fruit Milk</p>	<p>3 Baked Chicken/ Mediterranean Sce Quinoa Spinach</p> <p>Cheese Ravioli Pesto Sauce Mixed Veggies Pineapple Tidbits Fresh Fruit Milk</p>	<p>4 Hawaiian Beef Meatballs Brown Rice Broccoli Cauliflower</p> <p>Moroccan Chicken Stew Tuscany Veggie Blend Tropical Fruit Fresh Fruit Milk</p>
<p>5 Egg Patty Veggie Sausage Patty English Muffin Collard Greens</p> <p>Minestrone Soup Baby Carrots. WW Bread Fruit Juice Fresh Fruit Milk</p>	<p>6 Spaghetti with Meat Sauce Diced Carrots Capri Veg. Blend</p> <p>Chicken Chilaquilles Fiesta Veggie Blend</p> <p>Tropical Fruit Fresh Fruit Milk</p>	<p>7 Chicken/ Fish Paella Tuscan Blend</p> <p>Veg. Frittata O'Brien Potatoes Peaches</p> <p>Wheat Roll Margarine Cucumber Salad Fresh Fruit Milk</p>	<p>8 Baked Chicken Breast/Jerk Sce. Cheesy Rice Mixed Vegetables</p> <p>Beef Barley Soup</p> <p>WW Bread Tossed Salad/Drsg Gelatin <u>LS/Db Diet Gelatin</u> Raisins Fresh Fruit Milk</p>	<p>9 Beef Burgundy Oven Rst Medley Potatoes Green Beans</p> <p>Diced Pork/ Zesty Orange Sauce Egg Noodle Broccoli</p> <p>Muffin Margarine Fresh Fruit Tropical Fruit Milk</p>	<p>10 Baked Chicken Breast/Garlic Herb Sweet Potatoes Green Peas</p> <p>Meatloaf/ Gravy Whipped Potatoes Broccoli</p> <p>Cornbread Margarine Fresh Fruit Fruit Juice Milk</p>	<p>11 LS Turkey Breast/ Poultry Gravy Yukon Potatoes Garden Veggie Blend</p> <p>Carne Asada Brown Rice Mixed Veggies Tortilla Lentil Diced Carrot Salad Fruit Juice Fresh Fruit/ Milk</p>
<p>12 Cheese Enchiladas/ Ranchero Sauce Italian Veg. Blend</p>	<p>13 Bourbon BBQ Beef Sweet Potatoes Green Beans</p>	<p>14 Flounder/Lemon Caper Sauce Couscous Green Peas Country Veg. Blend</p>	<p>15 Turkey Meatball/ Ginger/PA Sauce Brown Rice Spinach</p>	<p>16 Tandoori Chicken Curried Lentils Ca. Veggie Blend</p>	<p>17 Pork Chili Verde Brown Rice Diced Carrots Garden Veg. Blend</p>	<p>18 Thai Chicken Curry Jasmine Rice Broccoli Cauliflower</p>

**November 2018
Frozen Meal Plan**

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<p>12 Monday Macaroni & Cheese Broccoli</p> <p>Raisins Fresh Fruit Milk</p>	<p>13 Tuesday Mushroom Omelet Pancakes Peaches Pancake Syrup <i>(Db/Ls: diet syrup)</i> Baby Carrots Margarine/Fr. Fruit Pudding <i>Db/Ls- diet Pudding</i> Milk</p>	<p>14 Wednesday Kale Soup (Turkey Ham) Muffin LS Veggie Juice Fruit Juice Fresh Fruit Milk</p>	<p>15 Thursday Beef Brisket/ Mushroom Poultry Gravy Mashed Potatoes Green Peas Braised Balsamic Cabbage</p> <p>Pineapple Tidbits Fresh Fruit/ Milk</p>	<p>16 Friday Chili con Carne Cornbread</p> <p>Crackers <i>(Db/Ls: unsalted)</i> Carrot Raisin Salad Fresh Fruit Fruit Juice Milk</p>	<p>17 Saturday Scrambled Eggs O'Brien Potatoes Tropical Fruit</p> <p>Fresh Fruit Milk</p>	<p>18 Sunday Beef and Bell Pepper Bowl Diced Carrots</p> <p>Tropical Fruit Fresh Fruit Milk</p>
<p>19 HOLIDAY DELIVERY Vegetable Frittata Lentils Provencal Capri Veg. Blend</p> <p>Veggie Burger Mushroom Gravy O'Brien Potatoes Swiss Chard Gelatin <i>(Db/Ls – diet gel.)</i> Prunes Fresh Fruit/ Milk</p>	<p>20 Chicken A La King Egg Noodles Corn/Bell Pepper Broccoli</p> <p>Italian Bean Soup Muffin Margarine Fruit Juice Fresh Fruit Milk</p>	<p>21 Guatemalan Beef Stew Brown Rice Ca. Veg. Blend</p> <p>Scrambled Eggs Waffles Margarine Pancake Syrup <i>(Ls/Db-diet syrup)</i> Tropical Fruit Tossed Sld/Drsg Fresh Fruit Milk</p>	<p>22 THANKSGIVING Roast Turkey Cornbread Stuffing Peas/Pearl Onions Carrots</p> <p>Breakfast Burrito/ Shredded Cheese SF Veggie Mix Cranberry Jelly Sliced Apples Fresh Fruit Milk</p>	<p>23 Salmon Patty/Dill Sauce Sweet Potatoes Mixed Veggies</p> <p>Chicken/Wild Rice Soup WW Bread Chickpea Salad Tropical Fruit Fresh Fruit/ Milk</p>	<p>24 Diced Pork/Cherry Sauce Yukon Potatoes Green peas</p> <p>Spaghetti with Beef Sauce Italian Veg. Mix Bread/ Margarine Raisins Fresh Fruit Milk</p>	<p>25 Beef Stroganoff Egg Noodles Green Beans Cauliflower</p> <p>Chicken Patty Waffles</p> <p>Margarine Pancake Syrup <i>Ls/Db: Diet Syrup</i> Mandarin Orange Fresh Fruit Milk</p>
<p>26 Cuban Veggie Patty Plantain Broccoli</p> <p>Scrambled Eggs Pancakes/ Syrup Ls/Db: Diet Syrup Tropical Fruit Margarine Fresh Fruit Milk</p>	<p>27 Diced Chicken/ Pesto Sauce Fettuccini Green Peas Tuscan Veggies</p> <p>Broccoli Cheese Soup Muffin Margarine Fresh Fruit Raisins Milk</p>	<p>28 Stuffed Salmon/ Garlic Herb Sauce Butternut Squash Edamame</p> <p>Greek Pastitsio Mixed Veggies Spinach Salad/Drsg. Gelatin <i>(LS/DB – Diet Gelatin)</i> Pineapple Tidbits Fresh Fruit/ Milk</p>	<p>29 BBQ Pork Rib Patty Sweet Potatoes Swiss Chard</p> <p>Mexican Turkey Meatball Soup Corn Bread Margarine Coleslaw Salad Fruit Juice Fresh Fruit/ Milk</p>	<p>30 Salisbury Steak Brown Gravy Whipped Potatoes Collard Greens Capri Veg. Blend</p> <p>Breakfast Burrito Shredded Cheese Tropical Fruit</p> <p>Fresh Fruit Milk</p>	<p>Dec. 1 Baked Cod Loin/ Vera Cruz Sauce Herbed Rice Spinach Ca. Veggie Blend</p> <p>Egg Patty Sausage Patty Sliced Cheese English Muffin Prunes Fresh Fruit/Milk</p>	<p>Dec. 2 Chicken Enchiladas Ranch Beans Summer Veggie Blend</p> <p>Beef Curry Brown Rice Garden Veg. Bld. Wheat Roll Margarine Fruit Juice Fresh Fruit/ Milk</p>

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